



# THE DIAMOND APPROACH<sup>®</sup>

## Diamond Approach Florida

### *The Satisfaction of Real Gratitude*

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**Diamond Approach Florida**, an open group, welcomes new participants to this online teaching weekend on October 21-22, 2023. All are welcome! There will be talks evoking our depth, meditation and personal inquiry exploration.

**What is real Gratitude? We may think of gratitude as something we feel when we are given something. But true Gratitude is an essential quality.**

**Real gratitude is a heart quality, a nectary, full sweetness that is rich golden brown.** The heart becomes full of this sweet, loving essential presence when we are satisfied in our interactions and relationships.

**By exploring this quality and what blocks our gratitude, we can touch into a deep sense of satisfaction and thankfulness. This in turn allows us to become freer and more fulfilled in a real way in our lives.**

**TEACHERS:** **Ilene Buchalter**, a Diamond Approach teacher since 2002, works with groups and individuals living in Florida, Colorado, the Southeast, across the U.S., and internationally.

**Ursula McCall**, a Diamond Approach teacher since 2015, works with groups and individuals living in Florida, Hawaii, and internationally.



### ***THE SATISFACTION OF REAL GRATITUDE***

**OCTOBER 21, 22, 2023**  
**11AM-6PM EDT**

**COST: \$225 (\$195 if paid by 10/12/23)**  
**Sliding scale available**

**Held online via Zoom**

#### **REGISTRATION/ INFORMATION:**

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